

SUNDAY MORNING HEALTH CORNER

Coronavirus (COVID-19) What the Faith Community Needs To Know

Our world is facing circumstances unprecedented in our lifetime. The faith community is a connection that many have sought solace in the time of uncertainty. Here are details the faith community needs to lead the efforts to keep everyone safe.

What is Coronavirus (COVID-19)?

Coronavirus (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus.

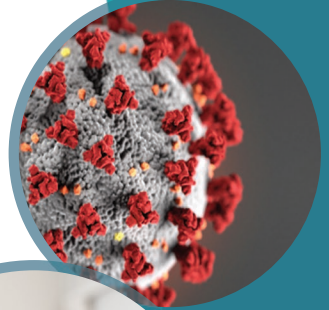
The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

Prevention

- The best way to prevent illness is to avoid being exposed to this virus.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community.
- Plan ways to limit face-to-face contact between people at your organization.

Clean

- Clean your hands often. Wash hands for 20 seconds or with an alcohol-based hand sanitizer that contains at least 60% alcohol when soap is not available.
- Clean AND disinfect frequently touched surfaces daily
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Clean often high-touch surfaces in public places, such as, doorknobs, elevator button, countertops, etc.



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